

Extended Stay Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location.

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)	Ingredients
Breakfast Entrées									
Egg & Chz Breakfast Burrito	391	20.0	8.9	38	18	604	2	257	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped cheese, cheddar, mild, pre-shredded, feathered tortilla wrap, flour, 10", ole mexican
B.E.C Breakfast Burrito	436	23.2	10.1	39	21	944	2	320	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola bacon, sliced, raw, 18/22, frozen *menu more tortilla wrap, flour, 10", ole mexican cheese, cheddar, mild, pre-shredded, feathered sauce, salsa, picante, mild, bulk
Tofu Breakfast Burrito	415	17.8	4.3	43	25	503	7	395	tofu, extra firm, including liquids oil, canola spinach, fresh onion red fresh mushroom button fresh; 1/10 lb peppers, bell, red, fresh, diced, small, 1/4" sauce, soy, less sodium, gluten free, lee kum kee, bulk * spice, curry powder tortilla wrap, flour, 10", ole mexican
Chz Omelet	276	20.2	8.9	2	21	346	0	178	cheese, cheddar, mild, pre-shredded, feathered egg, liquid, whole, w/citric acid, includes cage free, fresh oil, cooking spray, grilling
Mediterranean Omelet	256	17.8	8.4	6	18	679	1	320	tomatoes, fresh, small diced, 1/4" * peppers, red, roasted, whole, canned, drained, diced, 1/4" egg, fresh, cage free cheese, feta, crumbled basil, fresh, leaf oil, canola
Mushroom Spinach & Chz Omel	366	26.1	14.0	4	29	605	0	344	egg, fresh, cage free spinach, fresh mushroom button fresh; 1/10 lb milk, whole * cheese, provolone, loaf, sliced, .75 oz oil, canola
Breakfast Scramble Bowl	365	21.6	8.4	24	19	378	2	557	egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola spice, paprika, ground potatoes, diced, peeled, roasted, fc, 5/8" parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested oil, olive sausage link, turkey, 1 oz, rtc, frozen *menu less cheese, cheddar, mild, pre-shredded *
Entrée Salads									
Turkey Cobb Sld	385	22.1	9.0	10	39	925	4	1112	bacon, turkey, sliced, raw, frozen *menu less lettuce, romaine, fresh, chopped, 1/2" cheese, cheddar, mild, pre-shredded, feathered tomatoes, fresh, small diced, 1/4" * egg, hard cooked, includes cage free, diced turkey, breast, skinless, reduced sodium, fc *menu less
Handhelds									
Chx Caesar Wrap	217	9.7	2.8	19	16	360	1	278	basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola lettuce, romaine, fresh, chopped, 1/2" cheese, parmesan, pre-shredded, fancy salad dressing, caesar, creamy, bulk tortilla wrap, flour, 10", ole mexican tomatoes, fresh, each slice
BLT Sandwich	540	27.1	7.4	47	26	1384	3	480	salt, kosher mayonnaise, regular, kraft, bulk bacon, sliced, raw, 18/22, frozen *menu more bread, sourdough, slice, 1.5 oz local lettuce, leaf, individual leaf, fresh tomatoes, fresh, each slice
Patty Melt	467	23.4	9.5	28	34	377	2	375	beef patty, 20% fat, raw, 5.3 oz, frozen bread, white, slice, 1 oz, local cheese, swiss, pre-sliced, .5 oz
Chicken Soft Taco	300	14.6	7.1	17	25	456	2	331	chicken, breast, boneless, skinless, nae, 4 oz, koch, raw spice, pepper, white, ground * spice, cumin, ground oil, canola juice, lime tortilla wrap, flour, 6", ole mexican lettuce, iceberg, fresh, shredded tomatoes, fresh, small diced, 1/4" * cheese, cheddar, mild, pre-shredded, feathered
Southwest Beef Soft Tacos ea	349	16.3	6.7	30	21	547	5	485	beef, ground, 80/20, raw *menu more peppers, bell, green, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped spice, chili powder * spice, cumin, ground spice, pepper, black, ground, fine sauce, marinara, canned salt, kosher juice, lime, fresh pressed cheese, cheddar, sharp, loaf, shredded tomatoes, diced with chiles, canned, drained tortilla, corn, white, 6"
Entrees									
Southwestern Veg Bowl	263	4.5	0.5	49	8	515	7	611	water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * oil, canola rice, white, long grain, parboiled, dry lime fresh; 1/48 ct salt, kosher water, tap juice, lime, fresh pressed cilantro, fresh, chopped oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped beans, pinto, low sodium, canned, drained, rinsed water spice, cumin, ground spice, chili powder * spice, paprika, smoked salt, kosher spice, pepper, black, ground, fine cilantro, fresh, chopped sauce, hot, louisiana * juice, lime, fresh pressed peppers, bell, green, fresh, julienne sliced onion yellow fresh, 1c slice=115gm peppers, bell, red, fresh, julienne sliced * seasoning, chile margarita, salt free, spiceology, bulk spice, cumin, ground oil, canola juice, lime, fresh pressed tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped cilantro, fresh, chopped

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Macaroni & Chx Bowl	602	29.0	10.2	43	42	962	2	553	sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola
Grilled Mac & Chz Sandwich	503	21.7	10.5	54	22	915	3	224	sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered bread, texas toast, sliced, 1.5 oz, local oil, cooking spray, grilling cheese, provolone, loaf, sliced, .75 oz cheese, cheddar, mild, pre-sliced, .75 oz
Loaded Baked Potato	282	6.4	3.2	50	7	112	3	928	potatoes, baker 100 count, fresh cheese, cheddar, mild, pre-shredded, feathered bacon bits, real, cooked, 1/2" sour cream, real chives, fresh, chopped
Chili Cheese Baked Potato	264	3.1	1.4	53	7	97	5	976	potatoes, baker 100 count, fresh beans, kidney, dry beans, navy, dry beans, black, dry water spice, bay leaf * salt, kosher peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped oil, canola tomatoes, roma, fresh, small diced, 1/4" spice, chili powder * spice, oregano, dried, crumbled spice, pepper, red chili, crushed, flakes salt, kosher cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4" cheese, cheddar, mild, pre-shredded, feathered
Brocc/Chickpea Baked Potato	342	5.7	0.5	65	10	274	8	1175	potatoes, baker 100 count, fresh broccoli, fresh beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk
Chicken Tenders	423	22.1	4.0	24	32	1047	0	0	chicken, tender, breaded, fc, 3 oz, curate, frozen
Cheese Pizza	381	16.0	8.0	46	13	682	2	230	pizza, cheese, 5", deep dish, tony's, frozen
Pepperoni Pizza	524	29.2	13.0	46	18	1130	2	308	pizza, cheese, 5", deep dish, tony's, frozen pepperoni, pre-sliced
Veggie Pizza	387	16.1	8.0	47	13	683	2	269	pizza, cheese, 5", deep dish, tony's, frozen mushrooms, button, fresh, sliced onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, pieces, 1"
Sides									
Tater Tots	135	7.3	1.0	17	1	373	1	249	potatoes, tater tots, frozen